

Venue:	Doody's Book Review Service
Title:	Book Review: Treating endocrine and metabolic disorders with herbal medicines, Arif Hussain
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Paul Ratte
Abstract (or Book Review):	<p>Description</p> <p>This book covers the clinical application of herbal medicine to a wide range of endocrine and metabolic conditions. The chapters are easily accessible due to the use of labels throughout the book and are written in short concise sentences.</p> <p>Purpose</p> <p>The purpose is to introduce readers to the potential benefit of herbal medicine in a wide range of conditions. It is a useful introduction for interested readers, but it is not useful as a clinical text. It does not adequately address dosing, adverse reactions, or potential drug-herb interactions.</p> <p>Audience</p> <p>The intended audience is conventional practitioners who are interested in exploring the potential benefit of herbal medicine. The book is an excellent overview of the subject, but experienced clinicians who use herbal medicine in clinical practice will find it too simplistic. The authors appear to be somewhat mixed in their credentials. Some represent industry and some are at the beginning of their research careers, while others appear to be highly qualified based upon their credentials.</p> <p>Features</p> <p>The book is a confusing collection of various conditions and herbal medicine. The inclusion of "endocrine and metabolic disorders" in the title is somewhat misleading. Some conditions do not fall into this category and some chapters discuss specific herbal medicines rather than conditions. A title focusing on herbal medicine and nutraceuticals rather than conditions would be more appropriate. The reference list is excellent. However, the written text is extremely problematic, with numerous grammatical errors throughout. This book demands careful editing.</p>

Assessment

This is an introductory book at best. It provides a useful, up-to-date reference list of appropriate research on herbal medicine, but it is of almost no value to busy clinicians who are somewhat familiar with herbal medicine. ***The Clinician's Handbook of Natural Medicine***, 3rd edition, Pizzorno, Murray, and Joiner-Bey (Elsevier, 2016), is a much better resource for clinicians.